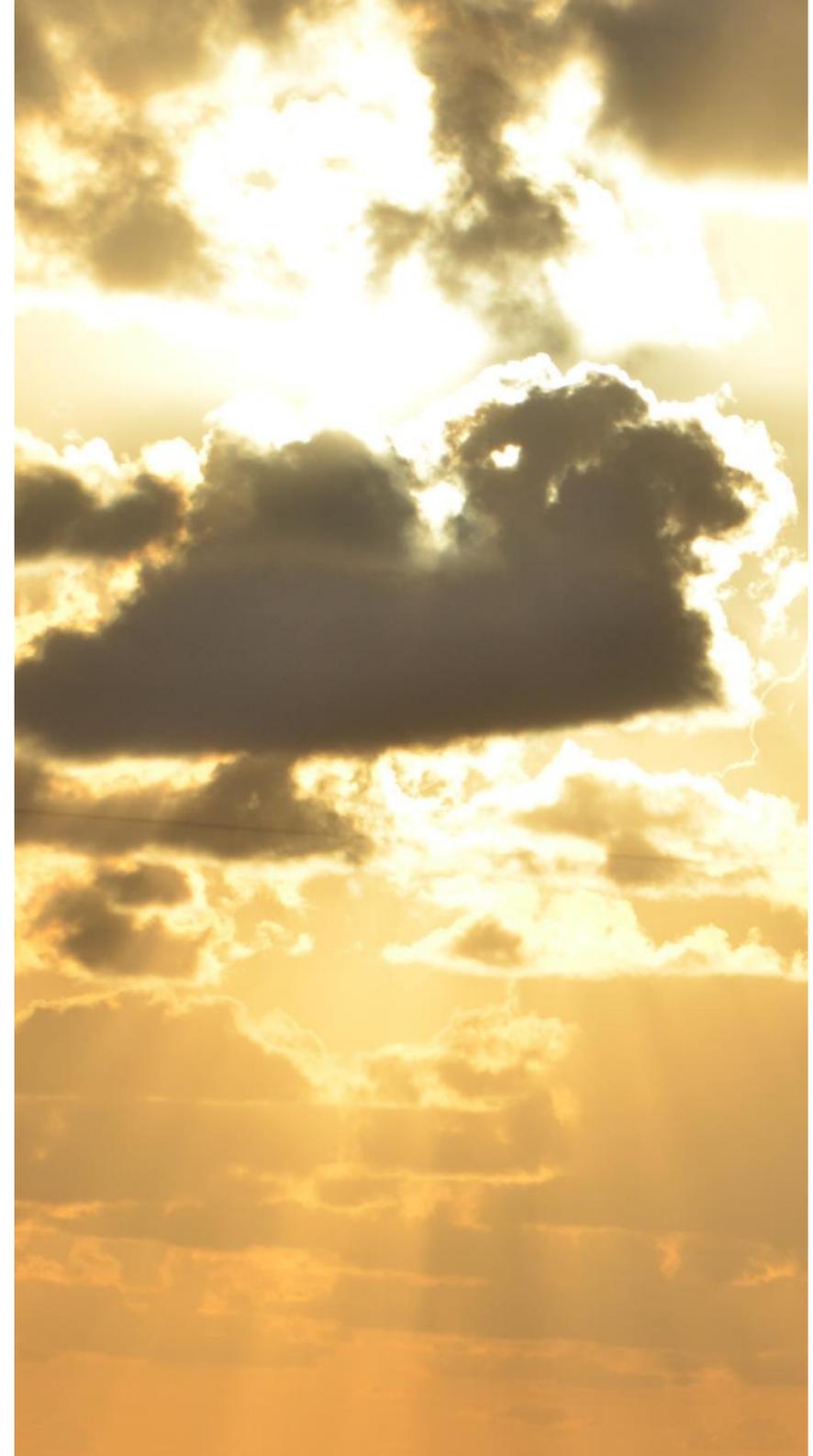


Mindfulness @ Work

“Lockdown is for the body not for the mind”

Eline Zuurveld





Agenda

TODAY YOU WILL ...

- get an answer to this question: what is mindfulness?
 - experience mindfulness yourself
 - learn about mindfulness @ work
 - learn what stress does to us
 - get some mindful tips and tricks
 - formulate your (mindful) contribution
-

About me and mindfulness

ELINE ZUURVELD

POTENTIAL PROJECT MINDFULNESS@WORK

MINDFULNESS BASED STRESS REDUCTION

- MBSR course
- MBSR teacher training

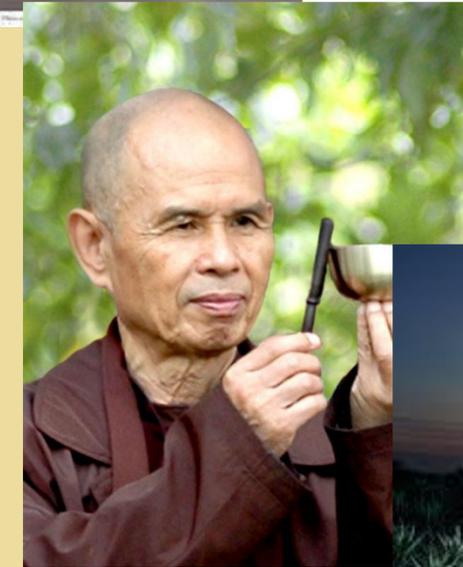
MY WEEKLY ROUTINE

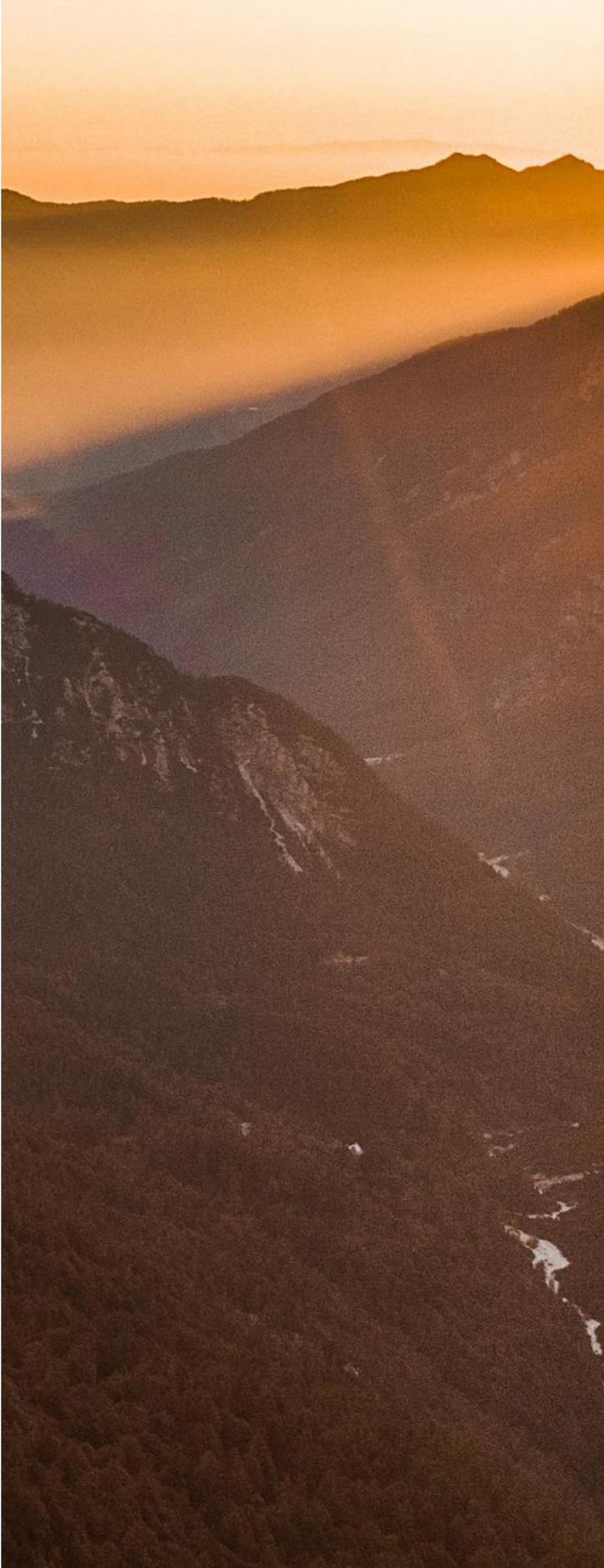
- 20 - 40 min mindfulness every day
- 2 - 3 yoga per week
- Retreats



People who inspire me?

Eckhart Tolle, Thich Nhat Hanh, Dalai Lama, Jay Shetty, Sam Harris, Wayne Dayer, Jan Geurtz, Jon Kabat Zinn, Deepak Chopra, Rumi, Khalil Gibran, Elizabeth Gilbert and many more..





What is mindfulness?

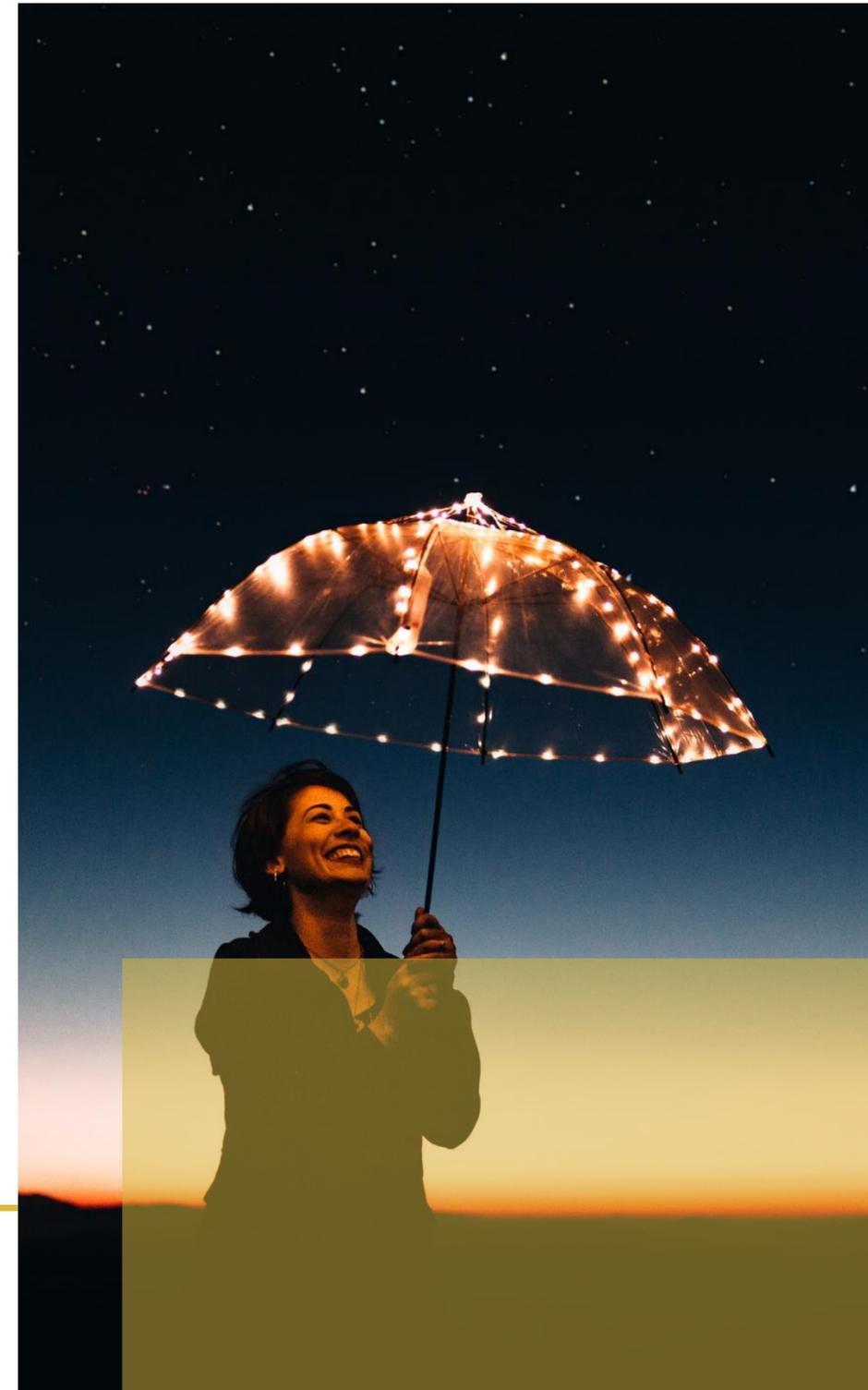
“the awareness that arises from paying attention, on purpose, in the present moment and non-judgmentally”

JON KABAT ZINN

It is not

STRIVING FOR RELAXATION OR HAVING NO THOUGHTS

Non-striving is the practice of recognizing and accepting who you are in this moment including all the emotions, thoughts, feelings that come to the surface. Striving to be “different” or “better” can be distracting.



THE GUEST HOUSE

—●—
This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice.
meet them at the door laughing and
invite them in.

Be grateful for whatever comes.
because each has been sent
as a guide from beyond.

Rumi



**What do you think of
this poem?**

The paradox

CHANGE HAPPENS WHEN WE
STOP WANTING TO CHANGE...





Mindfulness

EXERCISE FOR 10 MINUTES





**Please share your
experiences via
the chat!**



Mindfulness in the context of work

NOW, MORE THAN
EVER, A MENTALLY
HEALTHY
WORKPLACE
MATTERS

Source: Deloitte trends



INCREASING
DEMAND FOR
MINDFULNESS
TRAINING

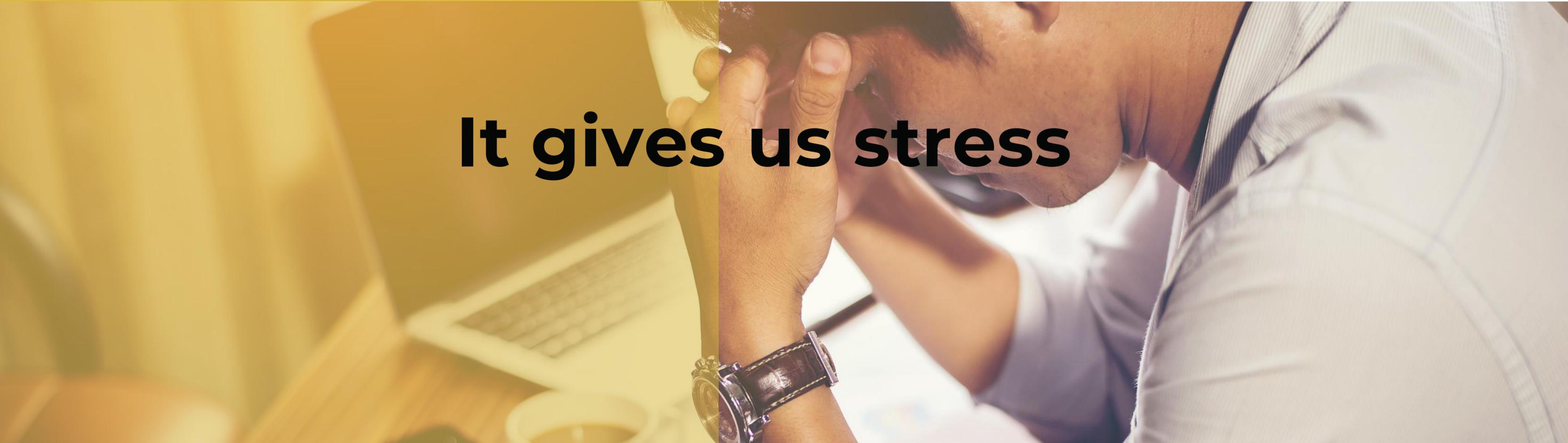
Organizations: Fortune 500,
such as Google, Apple, Nike,
Goldmand sachs



Multitasking is a myth!

- **THE LINE BETWEEN WORK AND (OTHER) LIFE BLURS**
- **OVERLOAD OF INFORMATION**
- **A LOT OF DISTRACTION**

The result is multitasking, and research shows that we are actually pretty bad at it!



It gives us stress



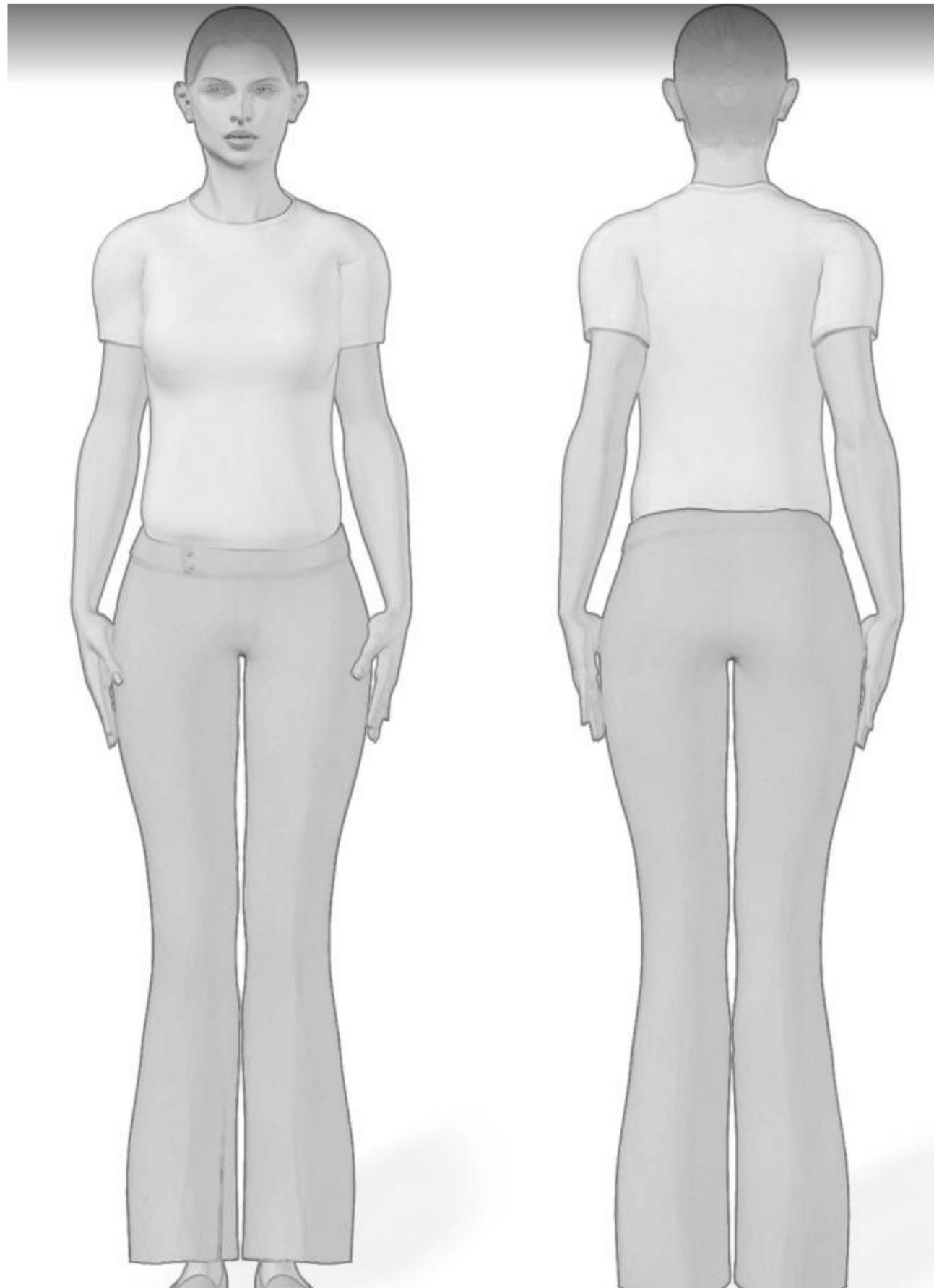
What stress does to us

YouTube movie



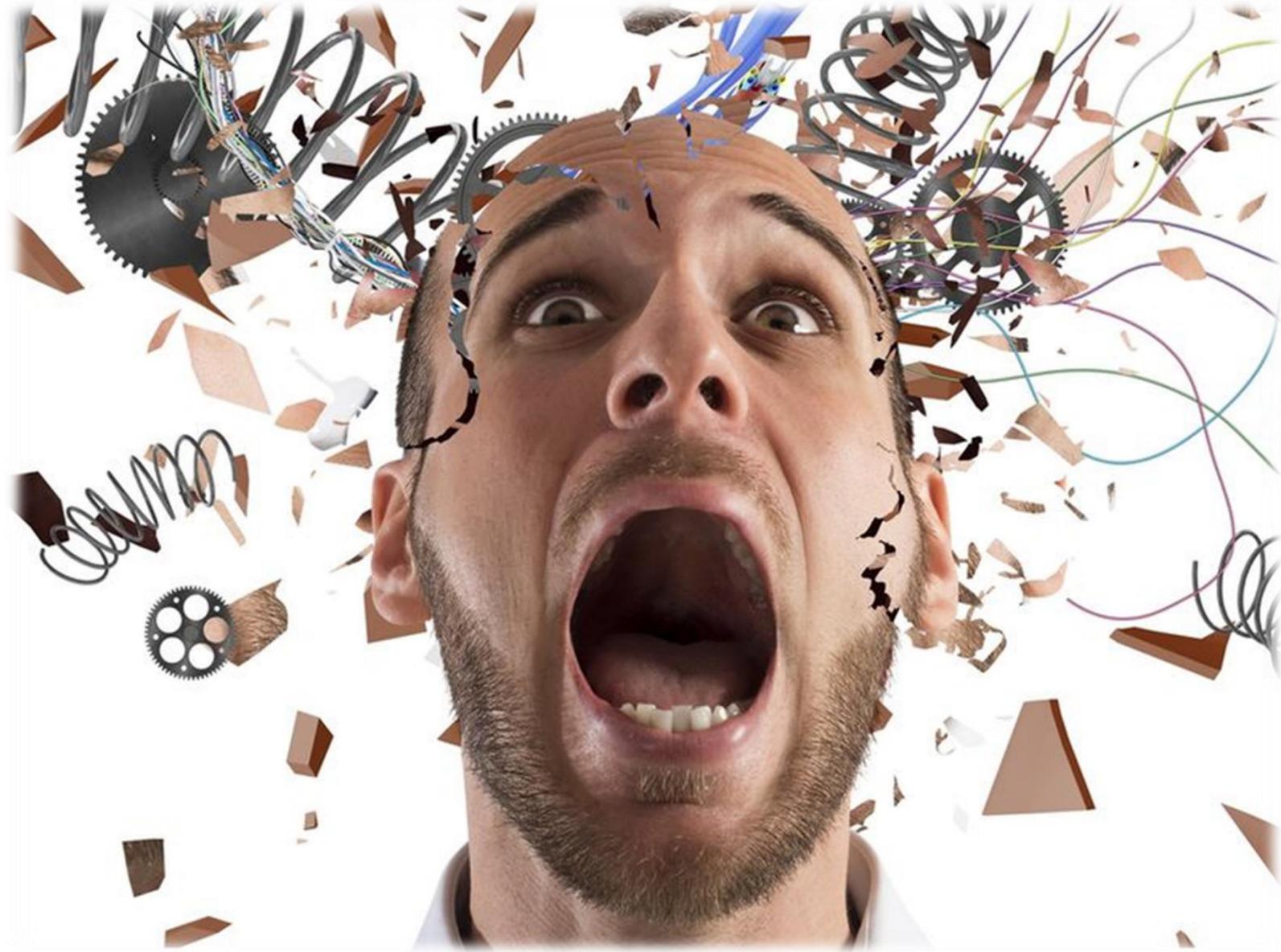
Stress

—
Physical?



Stress

Behavioral?



Stress

It's often not the situation, but the response to the situation that gives us (more) stress.



What to do to avoid multitasking and reduce stress



Give your full attention

**AND DON'T DO TWO (OR MORE)
COGNITIVE TASKS AT THE SAME TIME**



"the bad news is
that time flies,
the good news is
that you are the
pilot"

PLANNING & PRIORITIES

we often get caught up in everyday activities and thus lose sight of our planning and priorities..

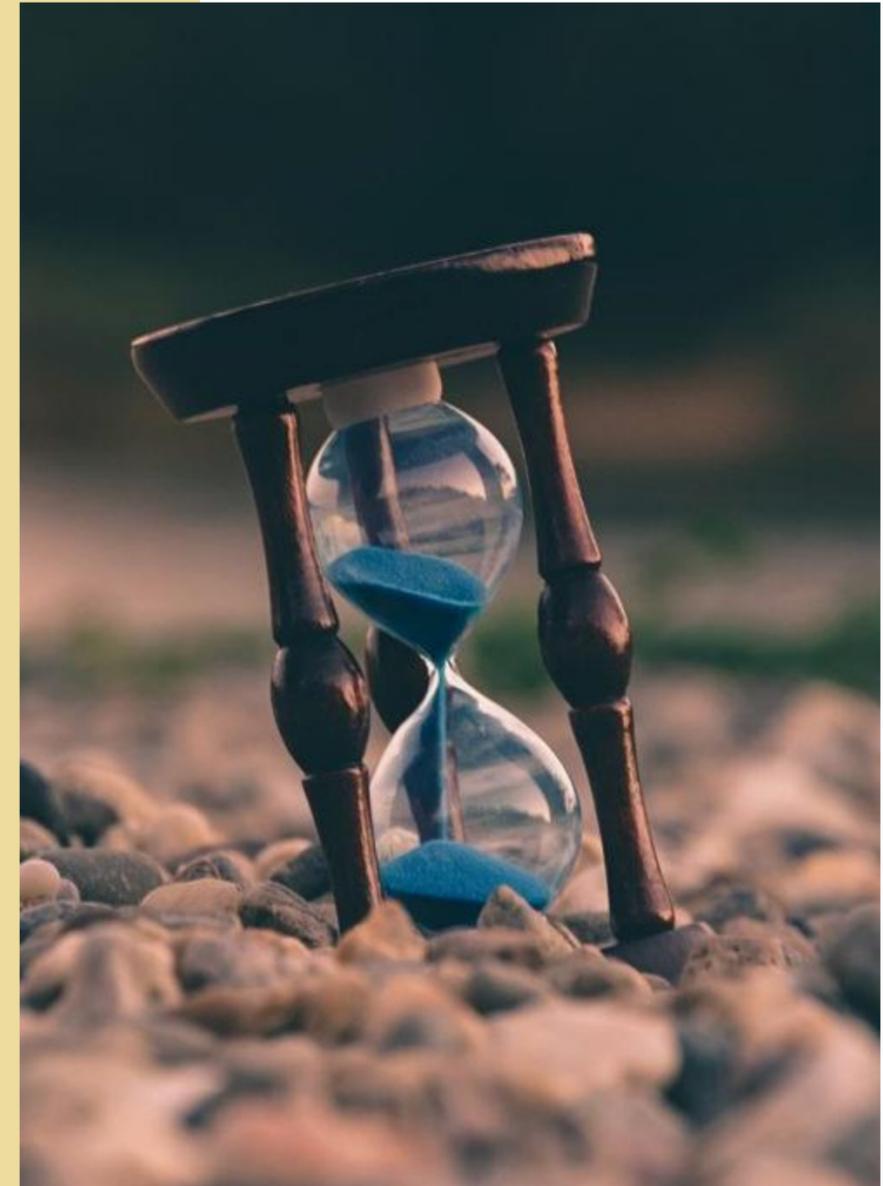
Tips

- start the day with a mindfulness exercise
- take time to make a list of your priorities
- plan according to the priorities
- plan time to prepare (your meeting/rehearsal etc.)
- plan time for follow ups
- plan time for ad-hoc activities

and don't forget to breath!



**Consider all
time as your
own time!**



Are you really
listening?



MINDFUL COMMUNICATION

Speak with:

ACT

- Appropriate
- Compassion
- Timed

Listen with:

STOP

- Still
- Tuned in
- Open
- Present

**Think about
this example:
How would she feel?**

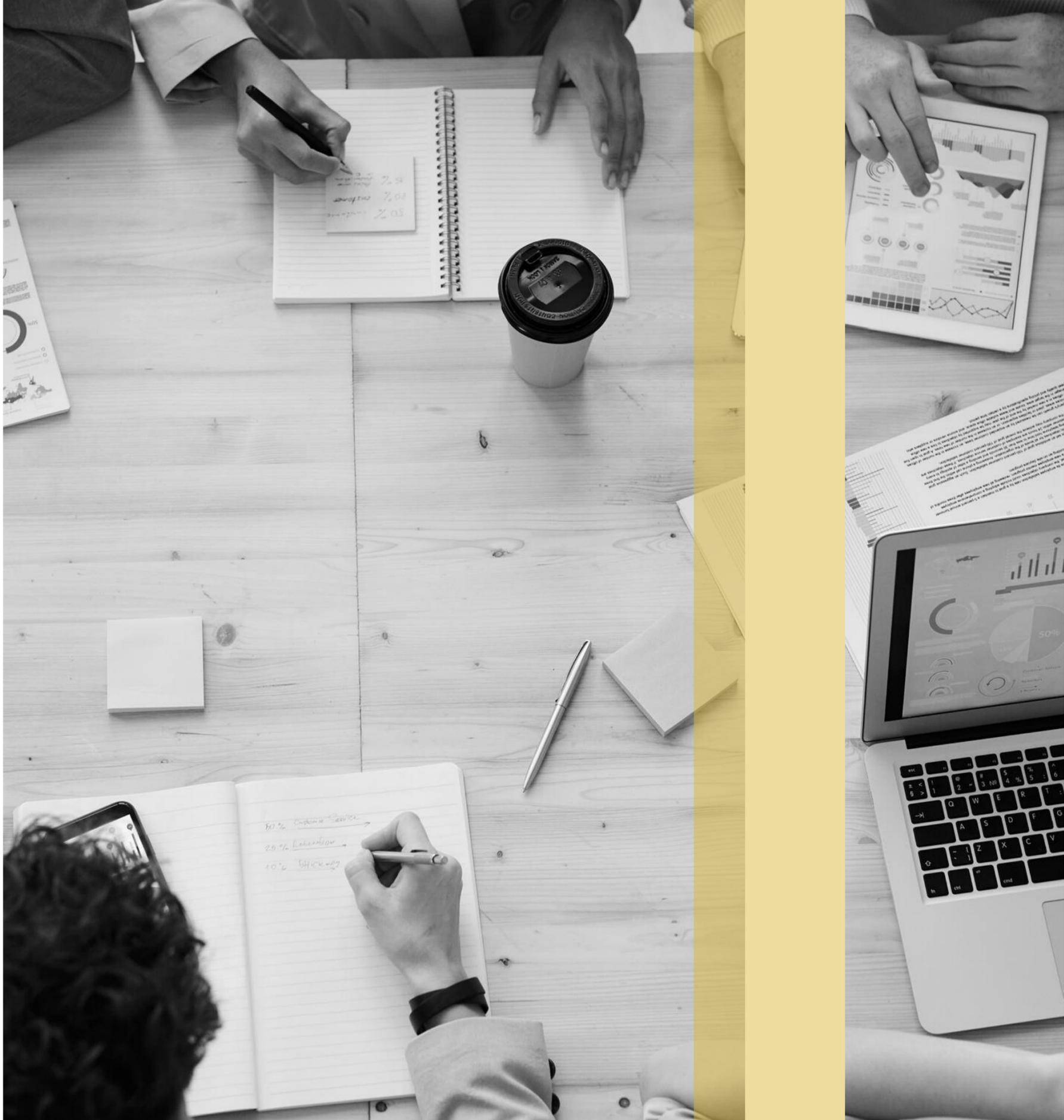


**You are wasting
someone else
his/her time if you
are not present**

be.

here.

now.



MINDFUL MEETINGS

What can we do to make our meetings more mindful?



What is the purpose, and do I need to be here?

MINDFUL MEETINGS

Research shows that people feel 25%-50% time of the meetings, is wasted time.

Tips:

- start with the questions on the left
- prepare yourself: what is the agenda and what do you want to get out of the meeting
- take a couple of conscious breaths before the start of the meeting
- be present (with full attention)
- make sure that you know what the next steps are when the meeting ends
- end on time..
- plan time in between meetings (our brain needs time to adjust..)

“[...] Imagine life as a game in which you are juggling some five balls in the air. You name them work, family, health, friends and spirit. And you’re keeping all of these in the air. You will soon understand that work is a rubber ball. If you drop it, it will bounce back. But the other four balls – family, health, friends and spirit – are made of glass. If you drop one of these, they will be irrevocably scuffed, marked, nicked, damaged or even shattered. They will never be the same. You must understand that and **strive for balance in your life.”**

- Brian Dyson (Ex CEO Coca Cola)



How can you contribute to a more mindful culture @ Stage?

Think about this for a minute..

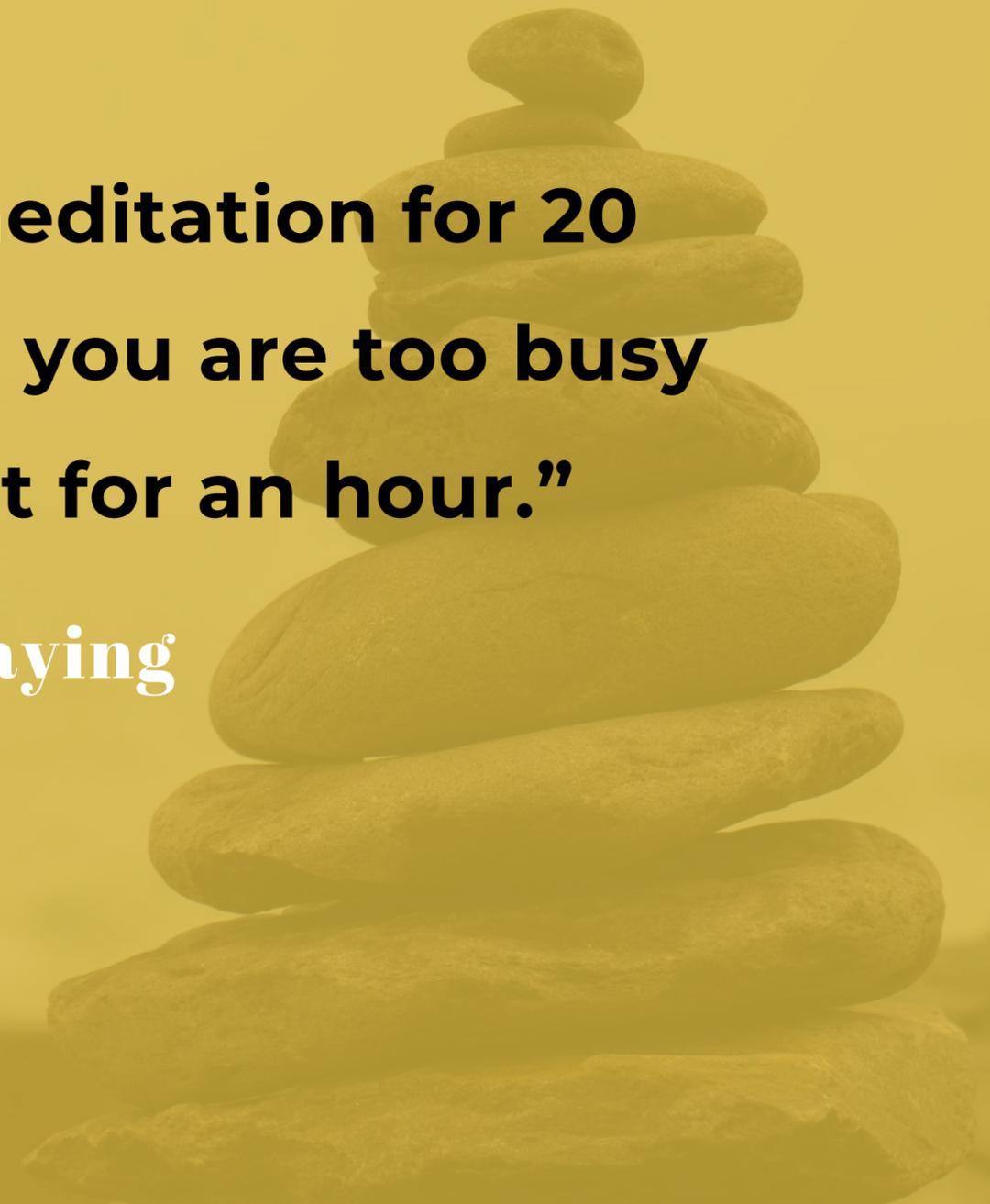
**Do you have
questions?**





**“You should sit in meditation for 20
minutes a day, unless you are too busy
then you should sit for an hour.”**

Old Zen saying



Mindfulness apps



- Plum Village – Thich Nhat Hanh
- Insight Timer
- Waking Up – Sam Harris
- Headspace
- Calm



Discover your own preference

SOME FINAL WORDS...

**"you can't do it wrong;
it is about the intention
you are doing it with.
Each moment can be
new start."**

—

THANK YOU FOR YOUR MINDFUL ATTENTION!

